

# Healthy Lifestyles Online

# Why Healthy Lifestyles

Healthy Lifestyles is more than health and wellness. It's a well-being improvement solution that focuses on physical, social and emotional behaviors that impact an individual's total well-being, as well as associated medical costs, to drive lower costs and higher employee performance. Healthy Lifestyles is:

- Designed to offer employees and their adult dependents the resources and guidance they need to become engaged in improving their lifestyle, changing behaviors and enhancing their well-being
- Delivered on a revolutionary technology platform to support well-being improvement with a suite of online resources.

# Healthy Lifestyles Design Principles

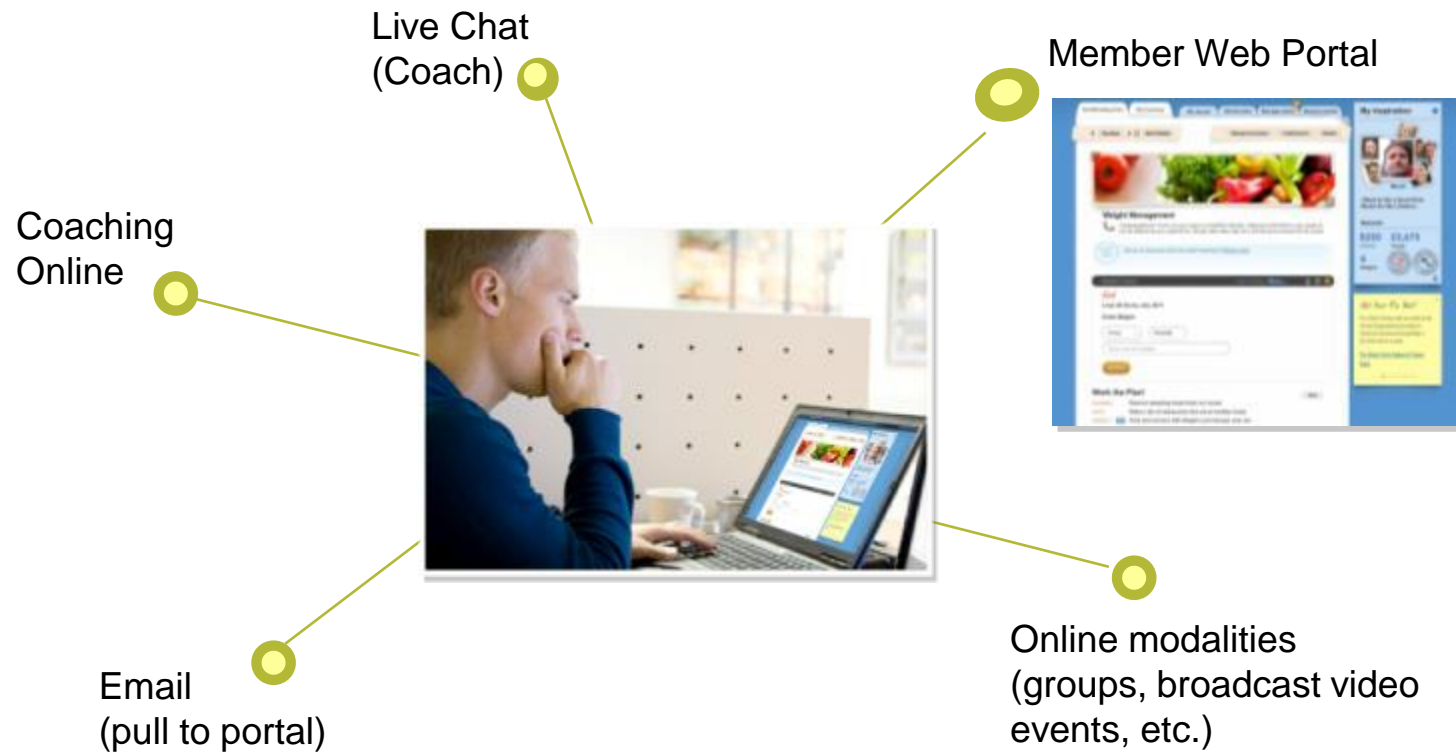
- Move from health improvement to well-being improvement
- Improve ability to engage the member and sustain engagement
- Provide a personalized well-being plan to guide the member
- Allow for seamless integration across solution features
- Utilize most current behavior change science
- Provide the most effective outcome at the lowest cost intervention
- Enhance ability to demonstrate quantifiable value

# Integrated Solution

**Healthy Lifestyles provides an integrated member experience by:**

- Integrating with the Anthem Portal
  - Members access Healthy Lifestyles through the Health and Wellness page
  - Members have access to all of the resources on the Anthem Portal
- Using the Health Assessment Tool (HAT)
  - The HAT is the entry-point for the Healthy Lifestyles program
  - The HAT drives the member online experience including the development of the Personal Well Being-Plan
  - Members receive timely and appropriate support from the appropriate program.

# Multi-Modality - Personalized Engagement



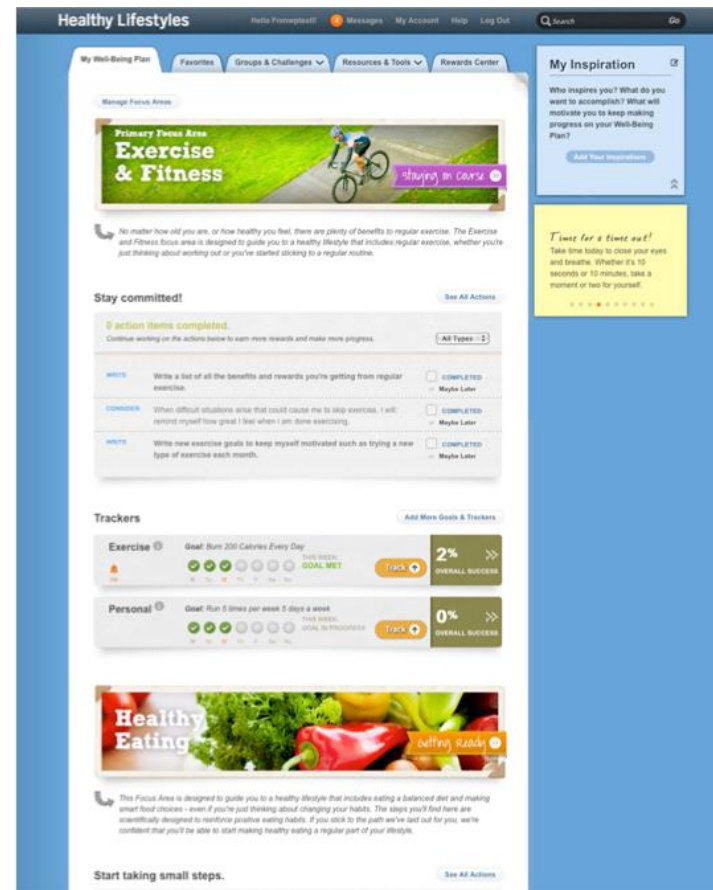
**Healthy Lifestyles platform**



# Online Well-Being Improvement Solution

## FEATURES

- Personalized member home page
- Self-improvement planning, including suggestions and goals to manage stress, anxiety, exercise and nutrition
- Health and wellness practices, references, recipes and self-care tips for all family members
- Access to QuitNet, a comprehensive, Internet-based approach to tobacco cessation, including an online community of more than 1 million members
- Email and site reminders for vaccinations
- Online coaching from certified personal trainers, registered dietitians and accredited psychologists - all available to answer member questions
- Based on user input, integrated assessment data and behavior change science, the site presents tailored Well-Being Plans



*Fully integrated platform designed specifically to support fitness, nutrition, tobacco cessation, preventative healthcare and other aspects of health and well-being*

# Personal Well-Being Plan

- The Personal Well-Being Plan is received immediately after the individual registers and completes the HAT on the site
- Feedback prompts on-going use of the online member portal
- Each member is staged prior to starting an intervention using the Transtheoretical Model (Prochaska)

Healthy Lifestyles Hello Finnagateshel! Log Out

### What You'll Work On

Your Well-Being Plan will be more successful if it includes things that you really want to work on. Here are areas that we can help you address. Indicate the ones you might be willing to work on (or are already working on).

Why were these areas recommended?

Focus Areas Recommended For You	Doesn't Apply To Me	Thinking About It	Getting Ready	Making a Plan	Taking Action	Staying on Course	Not Sure?
Appointments Adherence	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Exercise & Fitness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Healthy Eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Help Me Decide
Self Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Help Me Decide
Stress Management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Help Me Decide
Tobacco Cessation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Help Me Decide

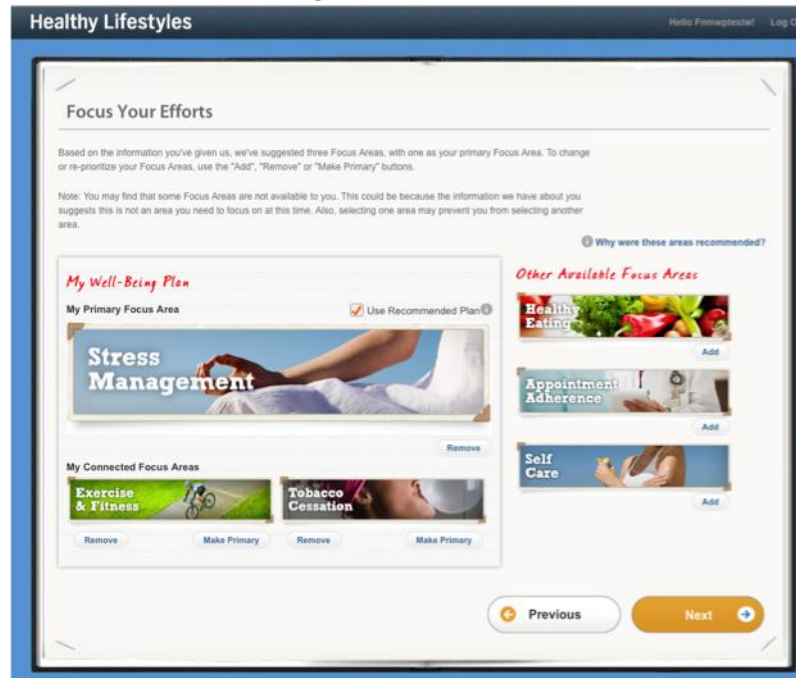
Select from more focus areas ▼

Next ➔

# Targeting Risk Behaviors for Improvement

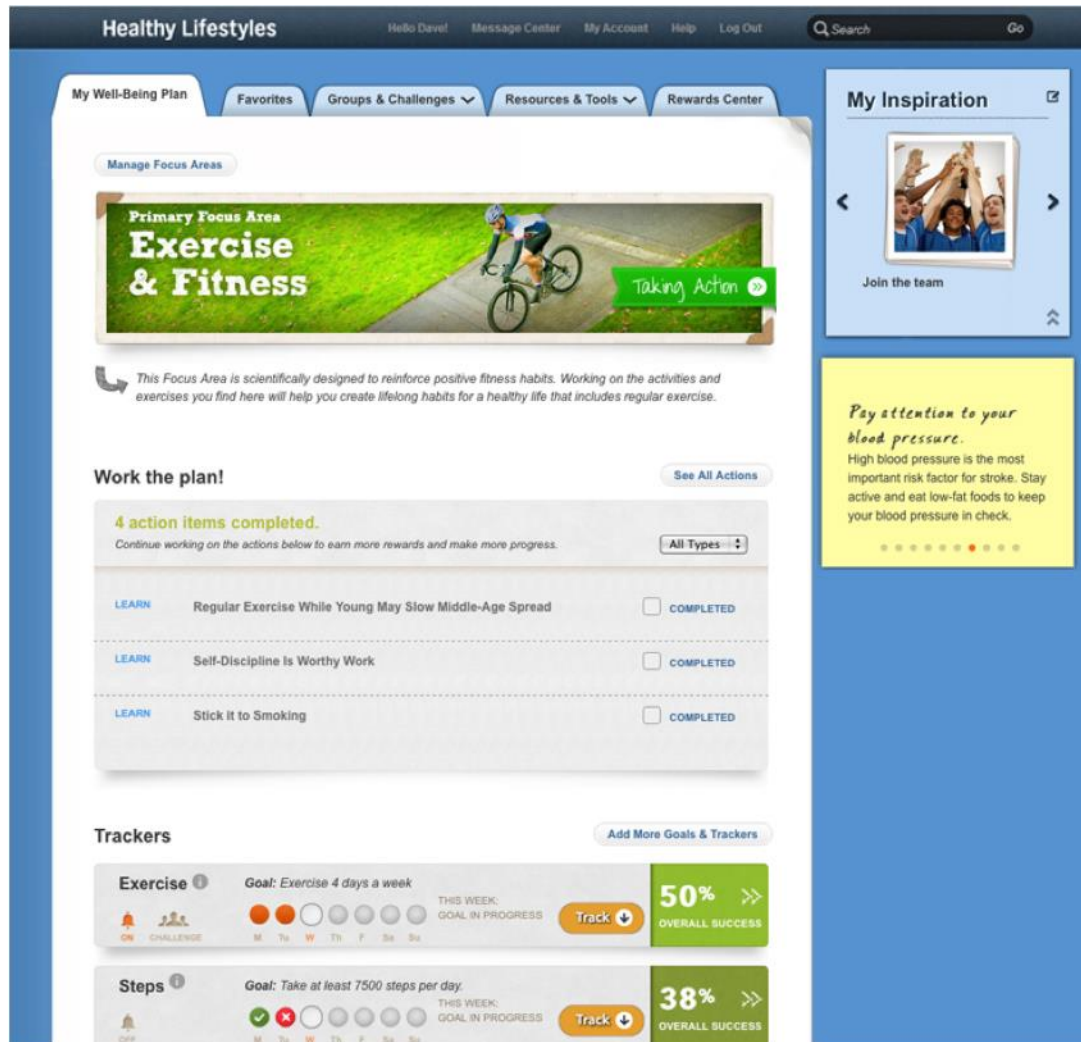
When members set up their Well-Being Plan, the system chooses the focus areas based on the answers to the WBA. Members can choose to keep or replace the recommended three focus areas (one primary and two secondary). Members can select from the following focus areas:

Exercise & Fitness  
Healthy Eating  
Weight Management  
Tobacco Cessation  
Stress Management  
Medication Adherence  
Appointment Adherence  
Depression Prevention  
Self Care





# Visual Design Concept: Dashboard



# Well-Being Connect mobile app for iPhone, iPod Touch and Android

Once a member registers, the app can be downloaded to a mobile device to access Healthy Lifestyles to:

- Access their Well-Being Plan
- Track exercise, steps, food, calories, servings and more while on the go
- View messages and inspiration board
- Read group chatter and post new messages to groups





**Healthy Lifestyles**

**True Colors Health Eating  
Adventure**

# Healthy Lifestyles True Colors


## True Colors group and description

Healthy Lifestyles Hello Fnmwptestw! Messages My Account Help Español Log Out

My Well-Being Plan Favorites **Groups & Challenges** Resources & Tools Rewards Center

### -True Colors

[Back to Groups & Challenges](#)



**Members 65**

**Focus Areas**

- Medication Adherence
- Depression Prevention
- Appointment Adherence
- Stress Management
- Weight Management
- Exercise and Fitness
- Tobacco Cessation
- Self Care
- Healthy Eating

[Join This Group](#)

The True Colors Healthy Eating Adventure is all about enjoying more colorful varieties of fruits and vegetables every day in any form - fresh, frozen, canned, dried and 100% juice. The goal? From May 18 to June 29, strive to eat at least 2 cups of fruit, 2.5 cups of vegetables and drink at least 6 cups of water each day. Add the servings tracker to your "My Well-Being Plan" tab now, then check back here often to chat with others and find inspiration.

## From Healthy Lifestyles:

Healthy Lifestyles Hello Fnmwptestw! Messages My Account Help Español Log Out

My Well-Being Plan Favorites **Groups & Challenges** Resources & Tools Rewards Center

Manage Focus Areas

**Primary Focus Area**

**Healthy Eating**

This Focus Area is designed to guide you to a healthy lifestyle that includes eating a balanced diet and making smart food choices - even if you're not ready to make any big changes yet. The steps you'll find here are scientifically designed to reinforce positive eating habits. Try them and you'll make progress toward making healthy eating a regular part of your lifestyle.

[Take the Progress Check Survey](#)

Let's try a few things.

1 action items completed.

Continue working on the actions below to earn more rewards and make more progress.

[See All Actions](#)

[All Types](#)

1. Select the **Groups & Challenges** tab.

**Groups & Challenges**

Groups and Challenges let you participate in a community of other people who share similar goals. Getting support and encouragement is a great way to help inspire you to stick to it and achieve your goals. Plus, it makes everything more fun.

**Groups**

Recommended Other Groups

**True Colors Healthy Eating Adventure**

The True Colors Healthy Eating Adventure is all about enjoying more colorful varieties of fruits and vegetables every day in any form - fresh, frozen, canned, dried and 100% juice. The goal? From May 18 to June 29, strive to eat at least 2 cups of fruit, 2.5 cups of vegetables and drink at least 6 cups of water each day. Add the servings tracker to your "My Well-Being Plan" tab now, then check back here often to chat with others and find inspiration.

**Food and Nutrition**

Make Changes That Make a Difference: Eating healthy doesn't have to be a chore. It can be a fun and rewarding experience.

**General Fitness**

Fit for Life: This is an exercise group for all members who want to increase physical health.


2. Select the **True Colors** group.

Healthy Lifestyles Hello Fnmwptestw! Messages My Account Help Español Log Out

My Well-Being Plan Favorites **Groups & Challenges** Resources & Tools Rewards Center

**-True Colors**

[Back to Groups & Challenges](#)



**Members 65**

**Focus Areas**

- Appointment Adherence
- Stress Management
- Weight Management
- Exercise and Fitness
- Tobacco Cessation
- Self Care
- Healthy Eating
- Medication Adherence

[Join This Group](#)

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3. Select **Join This Group**.



# Healthy Lifestyles Email Signup

## Select "My Account" from top menu

The screenshot shows a web browser window with the URL <https://myhealthylifestyles.embrace.healthways.com/healthways/dashboard>. The page title is "Healthy Lifestyles". The top navigation bar includes "Hello Fantsticjag!", "Messages", "My Account" (circled in red), "Help", "Español", and "Log Out". There is a search bar with the text "Search" and a "Go" button. Below the navigation bar, there are tabs for "My Well-Being Plan", "Favorites", "Groups & Challenges", "Resources & Tools", and "Rewards Center". The main content area features a "Manage Focus Areas" section with a "Primary Focus Area" titled "Exercise & Fitness" and a sub-section "Making a Plan". Below this, there is a message: "This Focus Area will help you get ready for a healthier lifestyle that includes regular exercise. The activities you'll find here are scientifically designed to reinforce positive fitness habits and encourage you to make exercise a regular part of your life." A yellow button labeled "Take the Progress Check Survey" is visible. At the bottom, there is a section "Let's get going!" with a message "4 action items completed. Congratulations on finishing all the items in your list!" and a dropdown menu "All Types". The right sidebar contains a "My Inspiration" section with a photo of people cheering, a "Personal Target: see your grandchildren more" message, a "Badges" section with a "Challenge Participant" badge, and a "Rewards Earned" section showing "3,440 Points".

Well-Being Connect

https://myhealthylifestyles.embrace.healthways.com/healthways/dashboard

Healthy Lifestyles

Hello Fantsticjag! Messages **My Account** Help Español Log Out

Search Go

My Well-Being Plan Favorites Groups & Challenges Resources & Tools Rewards Center

Manage Focus Areas

Primary Focus Area

**Exercise & Fitness**

Making a Plan

This Focus Area will help you get ready for a healthier lifestyle that includes regular exercise. The activities you'll find here are scientifically designed to reinforce positive fitness habits and encourage you to make exercise a regular part of your life.

Take the Progress Check Survey

Let's get going!

4 action items completed.

Congratulations on finishing all the items in your list!

All Types

There are no more actions to complete.

My Inspiration

Personal Target: see your grandchildren more

Badges

Challenge Participant

150 is Nifty Exercise

Challenge - 4/1/13 to 6/30/13

Rewards Earned

**3,440**

Points

Rewards Center

# Healthy Lifestyles Email Signup

Select “Edit” and enter primary email and save

The screenshot shows the 'My Account' page on the Healthy Lifestyles website. The browser address bar displays the URL: <https://myhealthylifestyles.embrace.healthways.com/healthways/my-account>. The page header includes the 'Healthy Lifestyles' logo, a user greeting 'Hello Fntestcjeg!', and navigation links for 'Messages', 'My Account', 'Help', 'Español', and 'Log Out'. A search bar is also present.

The main content area is divided into two columns. The left column contains a sidebar with the following links: 'My Well-Being Plan', 'Favorites', 'Groups & Challenges', 'Resources & Tools', and 'Rewards Center'. Below these is a large banner image with the text 'My Account'. The right column features a 'My Inspiration' section with a photo of a group of people and a 'Personal Target' to see grandchildren more. Below this is a 'Badges' section showing a 'Challenge Participant Steps Challenge' badge and 'Rewards Earned' of 3,440 points.

The 'Account Information' section is located in the center. It has a 'General' tab and an 'Edit' button. The account details are as follows:

Field	Value
Username	NkonDemo2
Name	FNTESTCJCGBHFGFJ LNTESTCJCGBHFGFJ
Nickname	
Screen Name	Steps-AdminNP
Gender	Female
Date of Birth	September 26, 1976
Language	English
Email	
Personal	sommer.forbes@healthways.com (Primary)

The 'Email' field and the 'Edit' button next to it are circled in red, indicating the next step in the process.



# Healthy Lifestyles True Colors

## True Colors group chatter



[Add a Post](#) [Add a Poll](#)



**Focus D** Since I have started the challenge lost 7lbs. Woo hoo yay me  
June 4 at 10:19 AM



**Focus D** Had a veggie sub for first time way to get my veggie servings in  
June 4 at 10:18 AM



**Barbaracis** growing our own veggies  
May 26 at 1:42 PM



**jeffbost** My mother-in-law gave us a juicer. That makes it real easy to get the right stuff in your system.  
One note: Be sure to use apple or banana or it tastes as bad as the veggies.  
May 19 at 2:10 PM



**Focus D** It Going great so far really excited to be apart of the group  
May 19 at 12:56 PM



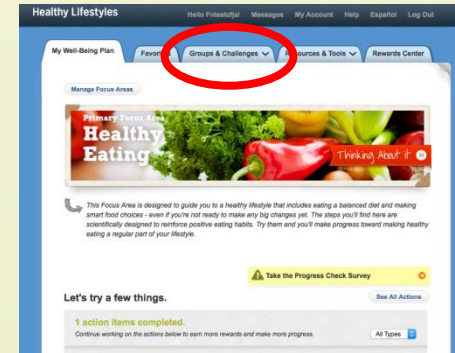
**vernon1802** it's summer fresh veggies are starting to come in. ive planted a garden also that way you get a workout and get to eat better  
May 14 at 2:24 PM



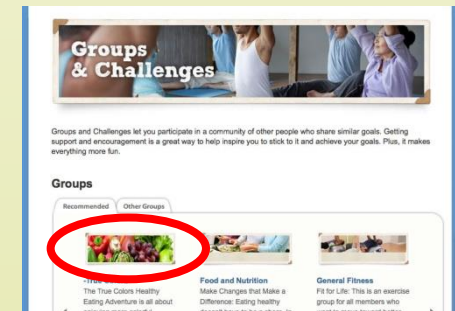
**karencop** Love fresh veggies  
May 18 at 1:49 PM



## From Healthy Lifestyles:



1. Select the **Groups & Challenges** tab.



2. Select the **True Colors** group.



3. Select **Join This Group**.

# Healthy Lifestyles Servings Tracker

## Track fruit, vegetables and water daily

**Servings** ⓘ **Goal: Eat all recommended servings of fruits, veg...**

THIS WEEK: STARTING ON: 5/19/2015 **GOAL MET**

48% >> **OVERALL SUCCESS**

Time Period: Daily for Today

**2.5 Cups of Fruit Eaten (Goal: 2 cups/per day)** ⓘ

1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2

**3 Cups of Vegetables Eaten (Goal: 2.5 cups/per day)** ⓘ

1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2

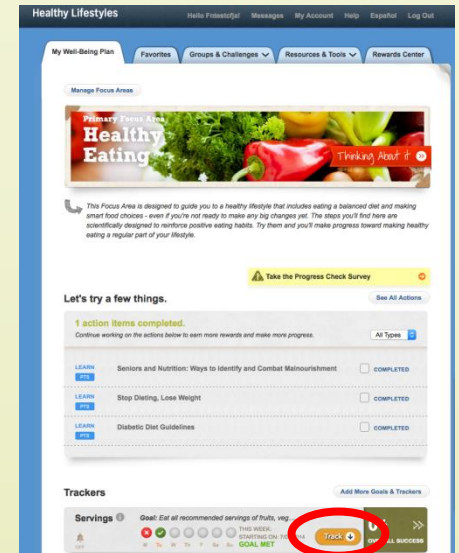
**8 Cups of Water Drunk (Goal: 6 cups/per day)** ⓘ

1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2 1/2

Share

Save

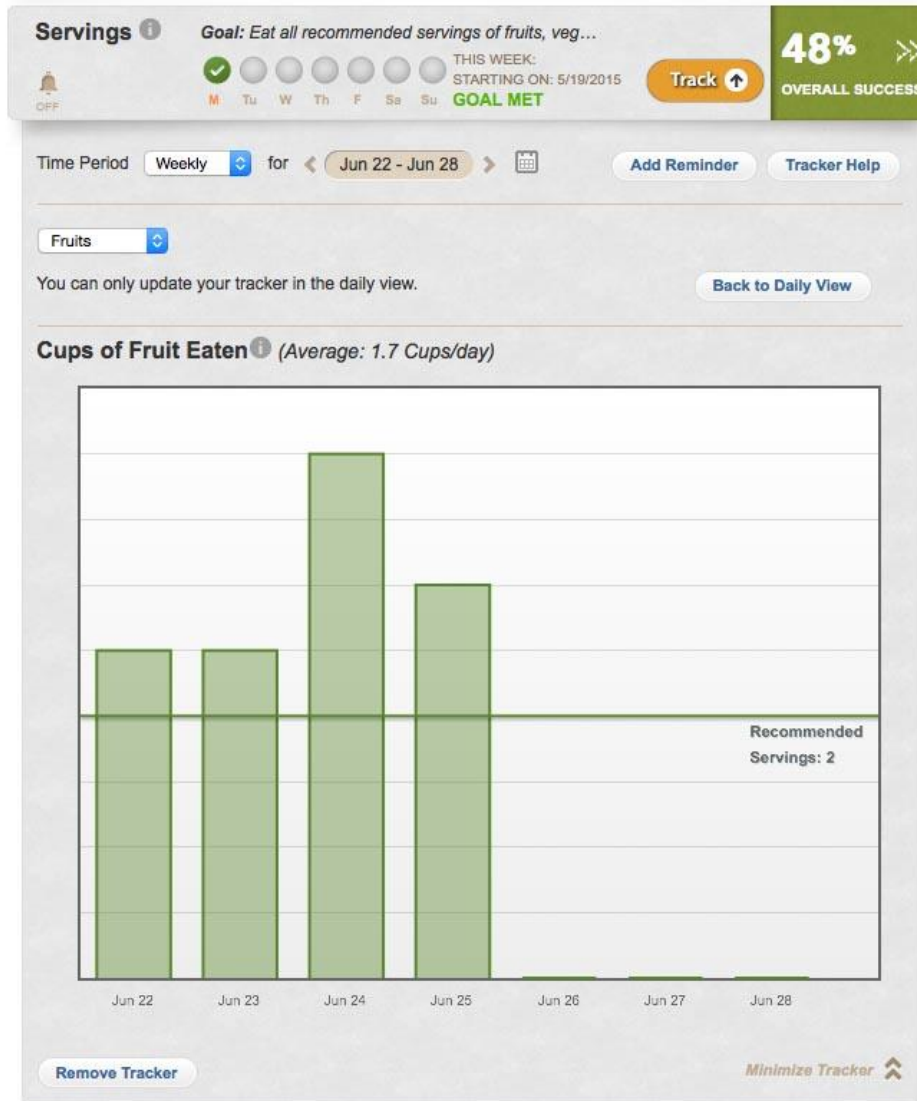
From Healthy Lifestyles:



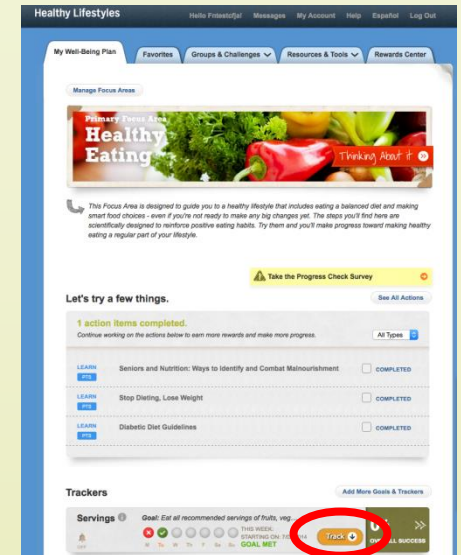
1. Scroll to the **Servings Tracker** and click **Track**.

# Healthy Lifestyles Servings Tracker

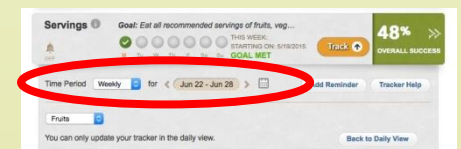
## Weekly progress chart



## From Healthy Lifestyles:



1. Scroll to the **Servings Tracker** and click **Track**.



2. Next to Time Period, select **Weekly**.



# Healthy Lifestyles True Colors

## Week 1 Recipe

### Vegetable Fried Rice

313 ★ 🖨️ ⚙️



Nothing could be easier than this light version of fried rice. We've used instant brown rice, but if you have leftover cold rice or can pick some up at a Chinese restaurant on the way home, use that instead and skip Step 1.

#### Preparation Time

40 minutes

#### Total Time

40 minutes

#### Serving Size

2 Servings

### Nutrition

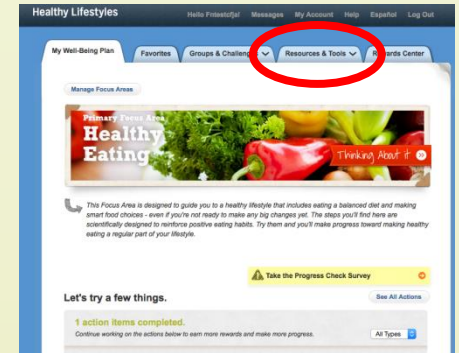
Per serving: 366 Calories; 46 g Carbohydrates; 14g Protein; 5 g Fiber

0 g Added Sugars; 14 g Fat ( 2 g Saturated , 0 g Mono ); 212 mg Cholesterol; 581 mg Sodium; 453 mg Potassium

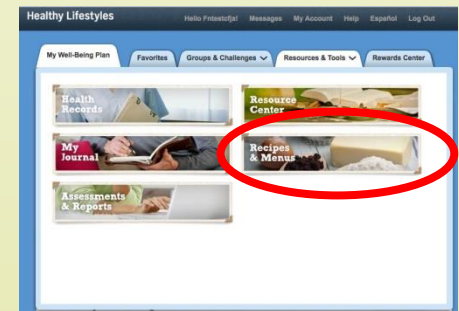
### Ingredients

instant brown rice	1	cup
vegetable broth	1	cup
eggs	2	lightly beaten
canola oil	2	teaspoons
asparagus spears	6	ounces <i>trimmed and cut into 1-inch pieces (about 1/2 bunch)</i>
medium red bell pepper	1	<i>thinly sliced into 1-inch pieces</i>
scallions	4	<i>cut into 1-inch pieces</i>

## From Healthy Lifestyles:



1. Select the **Resources & Tools** tab.



2. Select **Recipes & Menus**.



3. **Search** for the recipe.

# Healthy Lifestyles True Colors

## Week 2 Recipe

### Pear, Apple and Cranberry Tarte Tatin

206 ★ 🖨️ 🔄



This ultimate fall and winter tart showcases the best fruits of the season: pears, apples and cranberries. Unlike other tarts, the tarte tatin is made upside down in a skillet. You start by cooking the fruit, then top it with the dough, carefully tuck in the edges and let it cook. When it's ready you invert the whole tart onto a plate. It comes out looking beautiful and is actually much easier than you might imagine.

Preparation Time

1 hour

Total Time

1 3/4 hours

Serving Size

8 Servings

### Nutrition

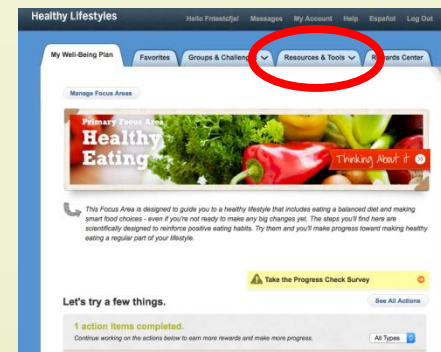
Per serving: 274 Calories; 41 g Carbohydrates; 3g Protein; 5 g Fiber

0 g Added Sugars; 12 g Fat ( 6 g Saturated , 0 g Mono ); 23 mg Cholesterol; 146 mg Sodium; 135 mg Potassium

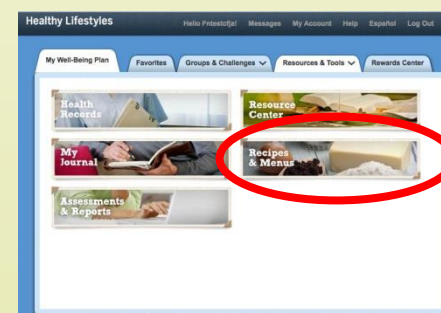
### Ingredients

white whole-wheat flour	1	cup (see <i>Ingredient Note</i> )
old-fashioned rolled oats	1/2	cup
granulated sugar	1	tablespoon
salt	1/2	teaspoon
cold unsalted butter	4	tablespoons <i>cut into small pieces</i>
canola oil	2	tablespoons
ice water	3	tablespoons

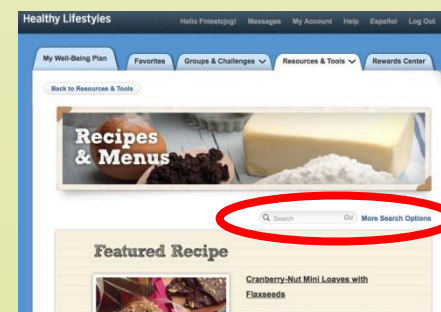
### From Healthy Lifestyles:



1. Select the **Resources & Tools** tab.



2. Select **Recipes & Menus**.



3. **Search** for the recipe.

# Win a Prize for Healthy Eating

## 3 Easy Steps to Winning

- Join the true colors challenge
- Track your healthy eating progress
- Have your name entered into the raffle to win







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